

Gzhiijwang Ziibi Dabaadjimowin

Government news you can use
Gdinimikaago ... Mino Enuhkummegud

Office of Public
Affairs
Contact Information
1-888-723-8288
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Rapid River News!



Bashkakodini-Giizis (Freezing Moon)
November 1, 2010 Volume 6 Issue 40

From LRBOI.

(The following information comes from a weekly update supplied to the Ogema concerning the tribal government, local communities and issues that affect overall tribal business.

Click here for LRBOI Job Postings

<http://www.lrboi.com/hr/index.html>

Click here for LRCR Employment

<http://www.lrcr.com/employment.html>

Ghost Supper November 1st! At 5:47 p.m. a Ghost Supper will be held at Aki Maadiziwin. The supper is being organized by the Tribal Historical Preservation Department. See the flyer below.

Organic Gardening/Seed Saving. The Michigan Land Use Institute has announced two different great programs for growers. An *Organic Gardening* program on October 19th and *Seed Saving on the Small Farm* on November 1st. For information or to register, call Jim Sluyter at 231.941.6584 ext. 15 or



Children's Christmas Party Announced!

Please mark your calendar and register your children for this special event:

When: Sunday December 5th

Time: 11 AM to 3 PM

Where: LRCR New Events Center

To register please call

231-723-8288 or toll free 888-723-8288 and ask for:

Angie Stone - Ext 6829

Mary Thomas - Ext 6824

**Deadline date for Registration: 5 PM Wednesday
November 24th**

(Registration is required for children to participate in this event as we need to have an accurate count of who will attend.

Failure to register will result in your children not receiving a gift.)

The party is open to Tribal and descendent children

Tutoring Assistance

Santana Aker – Tribal Education Youth Assistant is offering tutoring at the LRBOI Old Community Center every Wednesday - October 6th – December 8th from 2pm - 6pm(ish). For more information, contact Santana at Phone: (231) 398-6654 or by Email at: Saker@lrboi.com See the flyer below for more details.

Elders Conference dates announced. The Elders Office has announced their fall conference dates at Little River Casino Resort. The dates are November 6 and 7. The Enrollment Department is going to be at conference November 6th

Election Calendar/ Voter Registration

Please note the calendar and announcement from the Election Board in the Rapid River News concerning the upcoming tribal election.

Warriors Society Updates

Warriors Society next meeting is November 6 at the Aki Maadiziwin Community Center

They wish to acknowledge tribal descendents currently serving in a combat zone as well as tribal citizens from LRBOI. Please contact the Warrior Society with your information.

A new ordinance is being reviewed rightnow for the group and it should be available within the next two months.



Wii Bowling League

The CHRs from Tribal Health are holding **Wii** bowling for the Elders at the Community Center on **Wednesday** afternoons at 1 p.m. The fun game is really taking off and they hope to add more days as more and more people sign up. For more information, contact your CHR or Tribal Health

Domestic Violence Policy Committee

The Little River Band of Ottawa Indians Family Services, Domestic Violence Program invites native women to help form and serve on an advisory committee to help address the issues and barriers for women who may be in an abusive relationship or are trying to seek help to get out of an abusive relationship. See the full announcement below.

Tribal Government Food Drive

The LRBOI Human Resources Department is organizing a food drive for the Salvation Army in Manistee. The Salvation Army helps county residents and tribal members in the area. Please drop off canned items (like fruit, peanut butter, soups/stews/chili, pasta and canned tuna, chicken and salmon etc.) at the main office 375 River Street. This Food Drive goes from November 4th through November 19th. No glass containers please!

MITW Reminder-

If you are applying for the Michigan Indian Tuition Waiver you will be denied by the Michigan Civil Rights Department if you do not include a copy of your Michigan Driver's License (or State of Michigan ID) and your Tribal ID card. Make sure you include it with your application.

All Singers & Drummers

If you are interested in learning about our tribal songs and drumming, a group has formed to practice on Wednesdays. Please feel free to call Bill Memberto at 398-6728 regarding this effort.

Work Search Computer!

The Commerce Department's Workforce Development Program has had a computer installed for job search and career-related activities at the Commerce Dept., 294 River Street. The computer may be used by any Tribal Citizen or Descendant and they must be signed up with the Workforce Development Program. The department also maintains a hard copy Job Postings Book at the workstation for all job postings through Tribal Government and LRCR, as well as other job resource information.



Elders Meeting:

First

Saturday of every month

Tutoring

Where: LRBOI Old Community Center

Dates: Every Wednesday - October 6th - December 8th

Time: 2pm - 6pm(ish)

Contact: Santana Aker - Education Youth Assistant

Phone: (231) 398-6654

Email: Saker@lrboi.com

Walk-ins welcome - Appointments preferred

The tutoring is available to any student finding they need help in any subject area. I have a strong knowledge base of most subjects, but my emphasis areas are in Social Studies/History and English.

If you need assistance in any other education related task, such as organization, time management, etc. These are areas that I can also assist in helping.

I am available to college students, but the time reserved for them is between 2pm - 3:30pm, which is before high school students are out of school.

(Kateri Circle)

"But we have to stick by the wisdom of our ancestors..." -Paula Weasel Head, BLOOD

A long time ago the Elders and our ancestors learned to walk on the Earth and to live in harmony. They were taught the Laws which govern everything, and they were taught traditional values. This wisdom should be made available to the younger generations. We need to speak to the Elders and learn from them. We need to do this so we can pass the knowledge on to our children.

My Creator, help me learn the wisdom of my ancestors.

Come Join the Diabetes Talking Circle

- Learn:
- Myths about diabetes
- Diabetes prevention
- Diabetes risk factors
- Types of diabetes
- Eating healthy, dietary guidelines
- Reading food labels and shopping for healthy foods
- Healthy food preparation
- Traditional foods
- Routine medical care

This group can help support your desire to change your eating habits/diet, support a family member with diabetes, and assist you in making changes to be healthier. Tuesday 1:30pm Aki Community Center. Classes run for 12 weeks. For more information or to sign up for a class contact Holly Davis RN, MSN Diabetes Educator/Community Health Nurse 231-398-6610 or Teresa Johnson Community Health Representative at 231-398-6629.

Muskegon Four Season's Kateri Circle Gathering for 2010

Dates and Times for coming events—Patti Wlodkowski 755-4865
Christmas Gathering Dec. 19, 11 am – 4 pm
Times for the Gatherings held at
ST. Thomas Hall 3252 Apple Ave. Muskegon, Michigan { M-46 }
The Time for the Summer Gathering will be 10:30 am to 3 pm
Which will be held at Krause Park { End of Sherman blvd. }
For all gatherings it is requested that those attending the POTLUCK
bring a dish to pass We try to eat at noon for all gatherings
For Easter –Halloween and Christmas gatherings we would like
donations of candy so we can make up goodies bags for the children,
with the extra going to everyone
Any person who wishes to sell their hand made items at our gatherings
is welcome to do so , but you are responsible for your own items.....
If you would like to volunteer we always need help on set up and clean
up
Four Season's Kateri Circle Leader Patti Wlodkowski -755-4865-
Musk
Debra Gutowski - Director
Native American Ministry
360 Division Ave. S

Commissions/Committees:

The following commissions have current openings.

Gaming Commission	2 openings
Health Commission	2 openings
Binojeeuk	2 openings
LRCR Board	1 opening for an elected official

All other commission seats available have been filled.

HIS & HERS GOOD FELLOWSHIP AA GROUP

has been moved to the Aki Community Center at 2953
Shaw Be Quo-Ung, Manistee. That is at the corner
of Dontz Rd. and Shaw Be Quo-Ung (Aki Housing
area). The group still meets at 7 p.m. every Thursday
evening.

The Tradition of Ghost Suppers

The tradition of a Ghost Supper, or Feast of the Dead, is celebrated yearly to honor our departed loved ones with a meal and remembrances. Throughout the years, changes may have been made from what some people remember long ago, but the meaning has remained the same.

According to Christian beliefs, All Soul's Day occurs on November 2nd, thus our adaptation for celebrating and honoring our loved ones at this same time. Often, families gather together to host the suppers at their private homes and so that everyone can partake, the dates are sometimes spaced apart throughout the month of November. Community members may often attend several Ghost Suppers and each individual that attends represents a spirit.

Generally, the foods that are prepared for the feast are those most enjoyed by the departed or a dish that they were remembered for making. Most often at a Ghost Supper one can expect to find meals of fish, venison, wild rice, fry bread, corn, squash, potatoes, and other traditional staples. A ceremonial fire is lit and maintained outside at which praying and a quiet time for reflection and remembrance is customary. Prior to the feasting, a prayer is said and a plate with a little bit of every dish is prepared and offered in the fire to honor those who are no longer physically with us. Typically, this time is for remembrance and fellowship with the living and the dead.

Besides food, gifts are set out and offered so that the spirits can partake of these offerings that they may be missing. Some of these gifts may include sema (tobacco), wiingash (sweetgrass), mshkwadewashk (sage), and kiishig (cedar). Non-traditional gifts may include candy, coffee, flowers, or some other favorite item that your loved one may be missing.

Traditionally, the Ghost Supper continues until all of the food is gone and at times they have been known to go on until the early morning hours or longer. Often, native communities host a community-wide Ghost Supper at a central location, which is what we do here at Little River.

Wegnesh: LRBOI Community Ghost Supper

Aanii Piish: LRBOI Community Center (at Aki Maadiziwin)

Wenesh Pii: Monday, November 1, 2010 at 5:47 p.m.

Please bring your loved one's favorite dish to pass.

Meat, beverage, and tableware will be provided.

Domestic Violence Advisory Committee

The Little River Band of Ottawa Indians Family Services, Domestic Violence Program invites native women to help form and serve on an advisory committee to help address the issues and barriers for women who may be in an abusive relationship or are trying to seek help to get out of an abusive relationship. The advisory committee will address domestic violence, sexual assault, dating violence and stalking.

Domestic violence affects each of our lives. It extends to all socioeconomic groups, ethnicities, and genders. If you feel that it has surpassed you, look closely in your workplace, neighborhood or church congregation.

Violence against Native women is a substantial public health problem today. In the largest ever survey of its kind, the 2008 CDC report on health and violence found that 39% of Native women surveyed identified as victims of intimate partner violence (IPV) in their lifetime, a rate higher than any other race or ethnicity surveyed. During a three year span, homicide was the third leading cause of death for Native women. Of the Native women murdered 75% were killed by a family member, an acquaintance, or someone they knew. Lastly, 17% of Alaskan Native and American Indian women will be stalked during their lifetime. (Brenda Hill, SDCADVSA).

Who should serve on an advisory committee?

Survivors: Women who are survivors of domestic violence, sexual assault, dating violence or stalking can draw on their personal experience to identify the gaps in service in our community. They can also help identify gaps in services or barriers to victims trying to access services in our community.

Victim Advocates: Women who have a history of providing assistance to American Indian or Alaskan Native Women who are victim of domestic violence, sexual assault, dating violence or stalking.

Women who are committed to ending violence against women: Must have a willingness to participate in education and training to increase your understanding of domestic violence, sexual assault, dating violence and stalking.

This Volunteer opportunity requires that you be willing and able to meet together on a regular basis to discuss issues related to violence against women in our communities.

Please call Angie McNally, Family Services, Domestic Violence Program Coordinator 231-398-6723



Rapid River News!

From L.R.B.O.I.

Bashkakodini-Giizis (Freezing Moon)
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Did you know????

A woman over 50 who:

Not physically active need about 1600 calories a day.

Somewhat physically active need about 1800 a day.

Very active needs about 2000 a day.

A man over 50 who:

Not physically active need about 2000 calories a day.

Somewhat physically active need about 2200-2400 calories a day.

Very active need about 2400-2800 calories a day

Aki Community Center Elder Meal Program Menu



Meals served at Noon at no charge to Elders who have completed the Intake Form and Spouse or Handicap/Disabled who reside with Elder.

All other guests are welcome to join Elder for a nominal charge not to exceed \$5.00. Provided all eligible Elders have been served first.

Donations are appreciated and are used for program activities and food.

Activities:

Pretzels: Elders are going to learn a new healthy snack recipe and cook it together.

MMAP: Assistance services to Elders when making decisions on their Medicare/Medicaid benefits and to answer any questions.

Please contact Noelle Cross with any questions

Phone: 231-398-6886

E-mail: ncross@lrboi.com

Menu subject to change without notice
Meals meet 33 1/3 % of the RDI based on a 1600 to 2000 calorie diet

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Salisbury Steak Potato Green Beans Cookie	2	3 Baked Chicken Mac'n Cheese Peas Fruit Crumble Activity: Wii Bowling	4	5 Tuna Sandwich Salad Cottage Cheese Fruit	6
7	8 Smothered Chicken Rice Pilaf Broccoli Apricot	9	10 Meatloaf Mashed Potatoes Corn Jell-O Activity: Wii Bowling	Veterans day. Thank you! 	12 Fish Au gratin Potato Carrots Applesauce Activity: Bingo	13
14	15 Biscuit and Gravy Eggs Fresh Fruit Juice	16	17 Beef Stroganoff Wheat noodles Green Beans Strawberry bananas Activity: Wii Bowling	18	19 Stuffed Burger Rice Cauliflower Pears Activity Chair exercise	20
21	22 Bread Bowl Soup Three Bean Salad Cottage Cheese Banana Cranberry Activity: Pretzels	23	24 Ham Potato Asparagus Pumpkin Pie Activity: Wii Bowling	25 	26 Closed	27
28	29 Chicken Salad Sandwich Sweet Potato Fries Mixed Veggie Tropical Fruit Activity: MMAP	30				

The LRBOI Elders Committee is taking bids to provide next year's lunches for the Elders meetings. The bids must be based on the following:

Protein
Starch
Vegetable
Bread
Salad
Dessert

Please send the bids to June Sam at Aki Maadiziwin, phone 231.398.68

Compiled by the Office of Public Affairs

If you have any specific questions, ideas or comments regarding this information, please address them to:
The Office of Public Affairs, LRBOI, 375 River Street, Manistee, MI. 49660. 231-398-6840.

Or send them direct to currentscomments@lrboi.com.

Your comments will be forwarded to the right person at the tribal government within 24 hours.